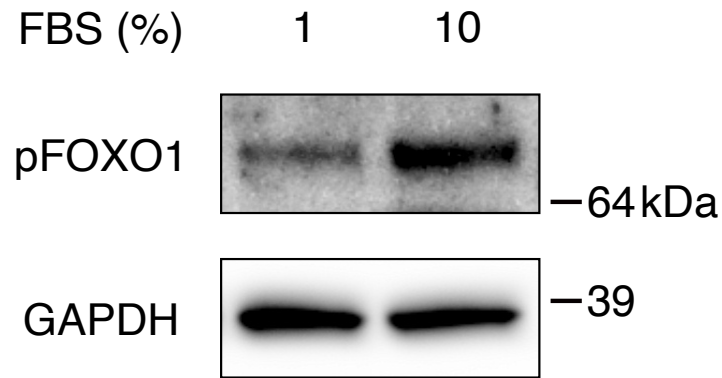


1 **Supplementary Table 1.** Primer sequences used for real-time RT-PCR

Gene	Forward (5'-3')	Reverse (5'-3')
<i>Human GAPDH</i>	GGTGAAGGTCGGAGTCAACGGA	GAGGGATCTCGCTCCTGGAAGA
<i>Human RPS18</i>	TAAGGGTGTGGGCCGAAGAT	ATCACACGTTCCACCTCATCC
<i>Human FOXO1</i>	AAGAGCGTGCCCTACTTCAA	CTGTTGTTGTCCATGGATGC
<i>Human FOXO3</i>	GCAAGCACAGAGTTGGATGA	CAGGTCGTCCATGAGGTTTT
<i>Human FOXO4</i>	GGGAAAAGGCCATTGAA	TTCAGCATCCACCAAGA
<i>Human SMAD2</i>	TGTTTTTCAGTTCCGCCTCCA	AGCCTCTTGTATCGAACCTGC
<i>Human SMAD3</i>	CATCGAGCCCCAGAGCAATA	GTGGTTCATCTGGTGGTCACT
<i>Human ULK1</i>	GATTAGCAGCCCGGAAGAG	CTCCAAATCGTGCTTCTCGC
<i>Human ATG3</i>	ACATGGCAATGGGCTACAGG	CGTTAACAGCCATTTTGCCAC
<i>Human ATG4B</i>	GGTGTGGACAGATGATCTTTGC	CCAACTCCCATTGCGCTATC
<i>Human ATG5</i>	GGCCATCAATCGGAAACTCAT	AGCCACAGGACGAAACAGCTT
<i>Human BECLIN1</i>	ACAGTGGACAGTTTGGCACA	CGGCAGCTCCTTAGATTTGT
<i>Human ATG7</i>	AGCTGGTCATCAATGCTGCT	TCAAGAACCTGGTGAGGCAC
<i>Human MAP1LC3B</i>	GAGAAGACCTTCAAGCAGCG	AAGCTGCTTCTCACCCTTGT
<i>Human ATG12</i>	CTGTGTAATTGCGTCCCCCT	CACGCCTGAGACTTGCAGTA
<i>Human LAMP2</i>	GAAAATGCCACTTGCCTTTATGC	AGGAAAAGCCAGGTCCGAAC

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3



4 **Supplementary Figure 1. FOXO1 is phosphorylated by nutrient load.** Chondrocytes
5 were incubated in the medium with 10% FBS for 2 days. Subsequently, the medium was
6 changed to the medium with 1% FBS or 10% FBS. After 60 min, levels of phosphorylated
7 FOXO1 (pFOXO1) at Ser-256 was determined by western blotting. GAPDH was used as
8 a loading control.